



Southern Health  
and Social Care Trust

Quality Care - for you, with you



Public Health  
Agency

Project supported by the PHA

# Want to increase your chances of stopping smoking?



The **FREE** stop smoking  
service can help **YOU**

You are up to **4 times** more  
likely to stop with our help

Due to Covid-19 the stop smoking service have suspended all their face to face consultations

We are currently offering telephone support. If you want to stop smoking and want advice and support we are happy to help you. Please contact us on the numbers below by ringing or text and we will get back to you.

**Armagh and Dungannon – 0776 925 6756**

**Craigavon and Banbridge – 0778 8209 984**

**Newry and Mourne – 0778 820 9184**



Stop Smoking Central Booking Service Tel: 028 3756 4400  
[stop.smoking@southerntrust.hscni.net](mailto:stop.smoking@southerntrust.hscni.net)